

Some Netflix information and data numbers:

Netflix can stream at:

Low res. - 0.3 GiB/hour,

Med res. - 0.7 GiB/hour,

High res. - 3 GiB/hour or 7 GiB/hour for Ultra HD

Auto - which is the default, movies stream at a resolution based on your internet connection.

During normal operations, our network can easily handle 3 GiB/hour so you could be streaming at high resolution without being aware of it.

To put these numbers into our rate structure the 30 GiB/month allowance would get you 100 hours of low resolution movies/month.

43 hours of medium resolution movies/month.

10 hours of high resolution movies/month.

Or if you find yourself using more than 30GB/month **and are into overage**, a 2-hour movie at:
low resolution would cost - \$1.20,
med resolution - \$2.80,
high resolution - \$12.

It would not be difficult to run up substantial overage bills watching high resolution Netflix.

You can control how you watch Netflix by:

[Help Center](#) > How can I control how much data Netflix uses?

How can I control how much data Netflix uses?

Watching Netflix uses about 1 GB of data per hour for each stream of standard definition video, and up to 3 GB per hour for each stream of HD video. This can create headaches for Netflix members that have a monthly bandwidth or data cap on their Internet service. Below, you'll find a couple of ways to reduce the amount of data Netflix uses, without having to resort to drastic measures (like actually watching less Netflix).

Adjust your data usage settings

Adjusting the data usage settings for your account is the easiest way to reduce the amount of bandwidth used while watching Netflix. There are 4 data usage settings to choose from, each estimate below is per stream:

- Low (0.3 GB per hour)
- Medium (SD: 0.7 GB per hour)
- High (best video quality, up to 3 GB per hour for HD, 7 GB per hour for Ultra HD)
- Auto (adjusts automatically to deliver the highest possible quality, based on your current internet connection speed)

To select a setting that works best for your Internet plan, navigate to [Your Account](#) page and click **Playback settings** in the **Your Profile** section. It can take up to 8 hours for these changes to take affect. Restricting data usage may affect video quality while watching Netflix.